

# Among Friends

October 2013

*The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.*

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



## HCOA BOARD

Rev. Dr. Jerry Heslinga, Chair  
Richard Mansfield, Jr.  
Susan Sullivan  
Faye Ellis  
Rebecca Tornblom  
Marilyn Burnham  
Maureen Locke

## SENIOR CENTER STAFF

Louise Charbonneau,  
Director of Senior Services  
Maureen Buffone, Senior Clerk  
Paula Earley, Outreach  
Cindy Smith, Outreach  
Clare Nelson,  
Program Coordinator  
Naomi Sohlman,  
Transportation Coordinator  
Ernest Diesslin, Van Escort  
Marjeanne Adels, Van Escort  
Stephanie Gabrielli, Dining Manager

## VAN DRIVERS

James Wells  
George Warden  
Lawrence Pierce  
Mary Sloan

## FRIENDS OFFICERS

Faye Ellis, President  
Marcia Sherbourne, Vice President  
Geri Sawyer, Secretary  
Helen Holmes, Treasurer

## TELEPHONE NUMBERS

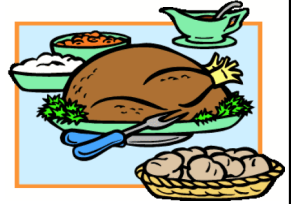
Senior Center 508-210-5570  
Transportation 508-210-5573  
Nutrition Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.

## PUBLIC POWER WEEK LUNCH

The Holden Municipal Light Department will sponsor, and staff from the Holden Senior Center and DPW will prepare, the Annual Public Power Week luncheon on **Wednesday, October 9 at 12:00 noon**. This home-cooked lunch is **FOR HOLDEN ELDERS ONLY**. This year's lunch will feature a turkey dinner with all the "fixins." **Seating is limited. Reservations will be accepted on a first come first served basis.** Reservations are **REQUIRED** and must be made by **Friday, October 4** by calling 508-210-5570.



## EVERYTHING YOU SHOULD KNOW ABOUT INDEPENDENT LIVING

We all wish to live independently for as long as we are able. Join us for an informative program on Independent Living presented by Atty. Nicholas Kalstas from Elder and Disability Law Advocates on **Monday, October 21 at 1:00 p.m.** The program is free and open to all to register. Call 508-210-5570



## LUNCH WITH DETECTIVE CAREY

Det. Sgt. Chris Carey will join us on **Wednesday, October 23**. Come for lunch at noon and hear Detective Carey speak at **12:30 p.m.** Call 508-210-5578 for a lunch reservation. You may submit questions ahead of time and Det. Carey will address them in his remarks. All seniors are welcome and should take advantage of this talk. Please call 508-210-5570 to reserve for the talk only.



## HALLOWEEN STORIES



A new Halloween program will be presented on **Wednesday, October 16 at 1:00 p.m.** Actress Patricia Perry, previously performing here in The First Ladies program, will offer some spooky and scary stories for all. Call 508-210-5570 for a reservation for the show. The program is free and open to all. If you wish to come to lunch before the program, call 508-210-5578 for a reservation by 12:30 p.m. Friday, October 11.

**THE SENIOR CENTER WILL BE CLOSED ON MONDAY, OCTOBER 14 IN OBSERVANCE OF COLUMBUS DAY.**





# UPCOMING TRIPS

**Tues., Dec. 3 ... A Very Special Christmas...** The American Boychoir is regarded as the United States' premier concert boys' choir. Under the leadership of Fernando Malvar-Ruiz, Litton-Lodal Music Director, the American Boychoir continues to dazzle audiences with its unique blend of musical sophistication, effervescent spirit and ensemble virtuosity. Boys in grades 4 through 8, reflecting the ethnic, religious and cultural diversity of the United States, comes from across the country and around the world to pursue a rigorous musical and academic curriculum at the school. The American Boychoir School, the only non-sectarian boys' choir school in the nation, was founded in Columbus, Ohio in 1937, and has been located in Princeton, New Jersey since 1950. Maintaining an active national and international touring schedule, the Boychoir performs with world-class ensembles including the Boston Symphony Orchestra. The Boychoir appears regularly as featured artists with James Levine at the Tanglewood Music Festival, and has performed with the internationally renowned soprano, Jessye Norman; prominent jazz musician, Wynton Marsalis; pop diva, Beyoncé; and at Carnegie Hall with Sir Paul McCartney. Travel to Demitri's in Foxborough for your opportunity to experience the angelic voices of the boys first hand. Enjoy a fabulous luncheon followed by a terrific performance. There's no better way to welcome in the Holiday Season! Entrée choices of Roasted Stuffed Chicken Breast or Baked Atlantic Scrod with Ritz Cracker crumbs. Also included: Fresh Garden Salad, Rolls, Vegetable, Roasted Potatoes and Dessert. **Price is \$83.95/person including driver's gratuity. For pick up and departure times, please call the Senior Center—508-210-5570—one week prior to date of trip.**

**Tues., Dec. 31 ... New Year's Eve Party ...** Featuring Stan Anderson, Jr. who has had a varied and exciting career in a wide spectrum of show business. From country and western, to oldies but goodies, and a touch of gospel, Stan Jr. has it all in his fabulous variety show. An afternoon of fun is the result of this dynamic and professional entertainer. Plus dancing to the Tom LaMark Orchestra. Dance your way into the New Year to this exceptional orchestra! Or if you prefer, simply watch, listen and enjoy the excellent music. Travel with us to the Sheraton 4 Points in Norwood where your meal choice will be Prime Rib or Baked Scrod Plus Salad, Vegetable, Potato, Dessert, Coffee & Tea. **Cost for this trip will be \$60.00/person including driver's gratuity.**



## HOLDEN SENIOR CENTER IS "SENIOR CENTER OF THE MONTH" AT TATNUCK PARK

In October, our Senior Center will be "Senior Center of the Month" at Tatnuck Park Assisted Living. On **Friday, October 4 at 12:15 p.m.**, we will hold a "Launch" here at the Senior Center where the month long celebration and support of our services will begin with balloons and cake.

On **Friday, October 18 at 10:30 a.m.**, we will hold a cooking demonstration where the chef from Tatnuck Park will come and teach us how to make a delicious and healthy Stir Fry!

Lastly, on **Tuesday, October 29**, we will be offering transportation to visit Tatnuck Park. You will enjoy a tour of their beautiful residence and grounds and enjoy a delicious lunch before we bring you back here to the Senior Center. The van will leave the Senior Center at 10:30 a.m., and you will return shortly after enjoying your lunch. To register for any or all of these events, please call the Senior Center at 508-210-5570.

## GREENDALE MEN'S CLUB CHORUS

The Greendale Men's Club Chorus will perform on Wednesday, October 30 at 11:00 a.m. Come and hear many of your favorite tunes. This popular show is free and open to all. Call 508-210-5570 to reserve a seat for the concert. If you wish to stay for lunch following the show, call 508-210-5578 prior to 12:30 p.m. on Monday, October 28.



## JOIN OUR VETERANS!!



Our Veterans will hold their meeting on Friday, October 25 at 10:30 a.m. This month our speaker will be navy veteran Peter Leaska, MA Chapter of the U.S. Landship Tank Association. He served on LST 824 in the Pacific war zone Philippines, Okinawa, occupation Japan. The LST were the "work horses" of the navy and served like a floating garage. The largest ocean going vessels to land tanks and other vehicles, tanks, troops and supplies on enemy held beaches in every major Atlantic and Pacific invasion.

Peter Leaska recently was privileged to take the New England Honor flight to Washington, DC, which is a treat for honored veterans with a day in the Capitol visiting several memorials.

## SHINE COUNSELOR

**Wednesday, October 16 & Wednesday, October 30  
BY APPOINTMENT ONLY**



## CHAIR YOGA THEMES FOR OCTOBER FOR ALL LEVELS - TUESDAYS 2:30-3:30 P.M.

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses along with a modified sun salutation using the chair for support. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the needs of their own situation. We all work at our own limits and pace, and listen to our bodies to do what we can, and omit what we cannot. The October themes will be: October 1 - **Align the Spine** - improve spinal health and flexibility; October 8 - **Mindful Movement** - increase body/mind/breath awareness; October 15 - **Yoga to Strengthen Immune System** - improve overall health/well-being; October 22 - **Yoga to Manage Moods** - balance anxiety, depression, stress; October 29 - **Yoga for Bone Strength** - improve skeletal health and bone density.



### MEDICARE BOOT CAMP - PLAN YEAR 2014



There will be a number of changes to Medicare health plans here in Central Massachusetts and this boot camp meeting is your opportunity to learn about the changes that may affect **YOU**. At this meeting we will discuss your options for Medicare in 2014. ***One of the more important issues we will discuss is the options you may have if you are no longer going to be covered by Fallon Senior Plan when you visit your Reliant Clinic physician.*** Also, we may have additional Medicare Health Plans available for you to choose from. We will review Medicare Part D coverage and how it works. Finally, we will be speaking about programs that may be available to assist you with some or all of your Medicare costs. Ed Roth, Regional Director of the SHINE program, will be here to facilitate Holden's Boot Camp meeting on **Monday, October 28 at 1:00 p.m.** Please reserve your seat by calling 508-210-5570.

### COMMUNITY IMMUNITY

The Central Massachusetts Regional Public Health Alliance, on behalf of the Holden Board of Health, will offer an annual Community Immunity Flu Clinic this fall **AT NOT COST** to you. Please bring your insurance card with you at the time of the clinic. Date and location will be announced in Late September so please periodically check the Town of Holden website: [www.townofholden.net](http://www.townofholden.net) or call the Holden Board of Health office at 508-210-5542.

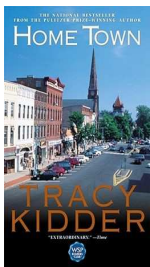


### PROTECT YOURSELF AGAINST THE FLU BY:

It's estimated that 90% of seasonal flu-related deaths and more than 60% of seasonal flu-related hospitalizations in the United States each year occur in people 65 years and older.

- Taking everyday preventive actions including covering coughs, washing hands often, and avoiding people who are sick.
- Seeking medical advice quickly, if you develop flu symptoms to see whether you might need medical evaluation or treatment with antiviral drugs.
- Getting Your Flu Shot. The best way to prevent the flu is with a flu vaccine. CDC recommends that everyone 6 months of age and older get a seasonal flu vaccine as soon as it becomes available in your community. Vaccination is especially important for people 65 years and older because they are at increased risk for complications from flu.

### BOOK DISCUSSION GROUP


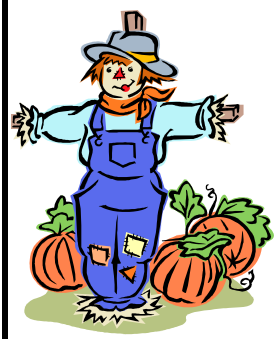


The Book Discussion Group will be reading Home Town by Tracy Kidder and will be meeting on Thursday, October 17 at 10:00 for a discussion. In this fascinating book, Pulitzer Prize-winning author Tracy Kidder takes us inside the everyday workings of Northampton, Massachusetts -- a place that seems to personify the typical American hometown. Kidder unveils the complex drama behind the seemingly ordinary lives of Northampton's residents. And out of these stories he creates a splendid, startling portrait of a town, in a narrative that gracefully travels among past and present, public and private, joy and sorrow. A host of real people are alive in these pages: a tycoon with a crippling ailment; a criminal whom the place has beguiled, a genial and merciful judge, a single mother struggling to start a new life at Smith College; and, at the center, a policeman who patrols the streets of his beloved hometown with a stern yet endearing brand of morality -- and who is about to discover the peril of spending a whole life in one small place. Their stories take us behind the town's facades and reveal how individuals shape the social conscience of a community. Home Town is an unflinching yet lovingly rendered account of how a traditional American town endures and evolves at the turn of the millennium.



# OCTOBER 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU &amp; MOVIES ARE SUBJECT TO CHANGE WITHOUT NOTICE</b>	<b>1</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch <i>Beef w/Jardinere Sauce</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>2</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Pork w/Rosemary Gravy</i> 1:00 Pitch Party	<b>3</b> 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Tuna Noodle Casserole</i> 12:30 Movie <i>"Victor/Victoria"</i> 1:00 Bridge 1:00 Line Dancing	<b>4</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Chicken Fricassee</i> 12:15 <b>Tatnuck Park "Launch"</b> 1:00 Cribbage
<b>7</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Potato Crunch Fish</i> 1:00 Quilting 1:00 <b>Friends Meeting</b>	<b>8</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch <i>Hot Dog on Bun</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>9</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 <b>PUBLIC POWER WEEK LUNCH</b> by reservation only	<b>10</b> 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Greek Chicken</i> 12:30 Movie <i>"The Odd Life of Timothy Green"</i> 1:00 Bridge 1:00 Line Dancing	<b>11</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <i>Beef w/Onion Gravy</i> 1:00 Cribbage
<b>14</b>  <b>COLUMBUS DAY</b> <b>SENIOR CENTER CLOSED</b>	<b>15</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch <i>Chicken Murphy</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>16</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Cheese/Spinach Omelet</i> 1:00 Pitch Party 1:00 <b>Halloween Stories</b>	<b>17</b> 8-4:00 Billiards 10:00 Mah Jongg 10:00 <b>Book Discussion Group</b> 12:00 Senior Lunch <i>Meatloaf &amp; Gravy</i> 12:30 Movie <i>"Moneyball"</i> 1:00 Bridge 1:00 Line Dancing	<b>18</b> 8-4:00 Billiards 10:00 Poker 10:30 <b>Tatnuck Park Cooking Demo</b> 12:00 Senior Lunch <i>Chicken Stew</i> 1:00 Cribbage
<b>21</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Chicken Chow Mein</i> 1:00 Quilting 1:00 <b>Legal Presentation</b>	<b>22</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 12:00 Senior Lunch <i>Macaroni &amp; Cheese</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>23</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <i>Beef Stew</i> 12:30 <b>Det. Sgt. Carey</b> 1:00 Pitch Party	<b>24</b> 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Roast Pork w/Stuffing and Gravy</i> 12:30 Movie <i>"Safe Haven"</i> 1:00 Bridge 1:00 Line Dancing	<b>25</b> 8-4:00 Billiards 10:00 Poker 10:30 Veterans' Meeting 12:00 Senior Lunch <i>Cracker Crusted Fish</i> 1:00 Cribbage
<b>28</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <i>Salmon Boat w/Dill</i> 1:00 Quilting 1:00 <b>Medicare Boot Camp</b>	<b>29</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 <b>Tatnuck Park Tour and Lunch</b> 12:00 Senior Lunch <i>Pork Ragout</i> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga	<b>30</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Senior Walkers 11:00 <b>Greendale Men's Club Chorus</b> 12:00 Senior Lunch <i>Pasta Primavera with Chicken</i> 1:00 Pitch Party	<b>31</b> 8-4:00 Billiards 10:00 Mah Jongg 12:00 Senior Lunch <i>Hot Dog on Bun</i> 12:30 Movie <i>"A Cemetery Special"</i> 1:00 Bridge 1:00 Line Dancing	

## COMING IN NOVEMBER...

Wed., Nov. 6 ... Patriots Day Concert



Wed., Nov. 13 ... Home  
Cooked Meal



Mon., Nov. 18 ... Blue Cross/Blue Shield  
Information Session



ClipartOf.com/16437



Wed., Nov. 20 ... Legal Clinic

## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your  
membership to: Holden Senior Center, 1130 Main Street  
Holden, MA 01520.

**BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!**

## OCTOBER MOVIES

**Thurs., Oct. 3 ... "Victor/Victoria" ...** Victoria Grant (Julie Andrews) is a struggling soprano who, with help from a fellow performer (Robert Preston), finally finds success by posing as a male female impersonator. But what will happen when a nightclub owner (James Garner) finds himself attracted to Victoria's cross-dressing male persona and begins to suspect "Victor" is really a woman? This gender-bending musical comedy received seven Oscar nominations and won for Best Score. *Rated PG ~ 133 minutes*

**Thurs., Oct. 10 ... "The Odd Life of Timothy Green" ...** When Cindy and Jim Green are told they can't have a baby, they bury a box filled with wishes for their dream child. That night, a mysterious young boy appears who brings magic to their lives -- and to the entire town of Stanleyville. Starring Jennifer Garner. *Rated PG ~ 104 minutes*

**Thurs., Oct. 17 ... "Moneyball" ...** An all-star cast brings to life the true story of Billy Beane, a former jock turned general manager who uses unconventional methods to bring the best players to the Oakland A's, a Major League Baseball team struggling against financial hardship. Stars Brad Pitt, Philip Seymour Hoffman & Robin Wright. *Rated PG-13 ~ 133 minutes*

**Thurs., Oct. 24 ... "Safe Haven" ...** This adaptation of the novel by Nicholas Sparks centers on a mysterious woman who arrives in a small North Carolina town and begins a new life, but remains haunted by the terrifying secret that prompted her to travel across the country. Stars Josh Duhamel and Julianne Hough. *Rated PG-13 ~ 115 minutes*

**Thurs., Oct. 31 ... "A Cemetery Special" ...** Writer-producer Rick Sebak serves as your tour guide for this hour long journey through America's most notable cemeteries, examining the history and artistry of headstones, crypts, monuments and family plots. Stopping in Florida, Alaska and numerous points in between, this fascinating program explores humans' diverse methods for honoring the departed -- and the myriad ways in which graveyards relate to modern culture. *Not Rated ~ 60 minutes*

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts  
Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Presorted Standard  
U.S. Postage  
**PAID**  
Holden, MA  
Permit No. 34

Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520